



Alternative Medicine



HealthSelect is a managed-care plan sponsored by Maricopa County and administered by CIGNA.

The HealthSelect managed-care plan for Maricopa County employees and dependents includes a special benefit for alternative medicine services. This benefit offers up to 12 (twelve) visits (without a referral) per plan year to a contracted HealthSelect network provider. The following information describes the covered alternative medicine services benefit and how to access these services.

What is alternative medicine?

Alternative medicine encompasses a broad spectrum of services not generally performed or practiced within conventional medicine. The alternative medicine services benefit under your HealthSelect benefit plan includes coverage for certain, but not all, types of alternative medicine treatment and services.

Covered Services

Covered alternative medicine services include only those services described in the HealthSelect benefit plan as generally summarized below, which are provided in-network by a designated participating alternative medicine provider. Coverage is limited to 12 (twelve) self-referral visits per contract year. A \$5 copay is required at each of the 12 (twelve) self-referral visits.

- ✓ Acupuncture
- ✓ Homeopathy
- ✓ Osteopathic Manipulation
- ✓ Craniosacral Therapy
- ✓ Alternative medicine supplies as prescribed by the alternative medicine provider not to exceed \$60 retail value for all products combined per plan year.



Please see your HealthSelect benefit plan for specific covered expenses and exclusions.

Where are services provided?

Alternative medicine services are covered under your plan when performed by designated participating alternative medicine providers. Alternative medicine services provided to a participant by a facility, physician or practitioner not affiliated with HealthSelect will not be covered or reimbursed. Please see your HealthSelect benefit plan for specific covered expenses and exclusions.

How do I schedule an appointment?

To schedule an appointment, contact a provider listed below:

Avondale Family Health Center

950 E Van Buren St.
AVONDALE, AZ 85323
(623) 344-6800
Jonathan Cartsonis, M.D.
Abraham Kuruvilla, M.D.

Guadalupe Family Health Center

5825 E. Calle Guadalupe
GUADALUPE, AZ 85283
(480) 344-6000
Abraham Kuruvilla, M.D.

Seventh Avenue Family Health Center

1407 S. 9th Ave.
PHOENIX, AZ 85007
(602) 344-6600
Abraham Kuruvilla, M.D.